TIMES DAILY MAGAZINE PAGE FOR EVERYONE

Husband Won't Grumble If That Left-Over Meal Is a "Planned Over" Feast

Instead of Left-Over Food Being an Unattractive Accident Make It a Planned For Dainty. Seasoning the Secret.

By MRS. CHRISTINE FREDERICK, Author of "The New Housekeeping."

percorns, powdered marjoram, thyme, and basil; curry powder, onion salt, Worcestershire sauce, mushroom ketchup, kachen bouquet, cloves of garlic, bottle of grated Parmesan cheese, bottle of highly spiced tomato ketchup, anchovy paste; also the common sea-

vegetables, spaghetti, and other foods can be combined with a white sauce, dotted with butter and crumbs, and served hot from their earthen dish.

Portions of any cold meat, even the humble roup meat, can be run through the chopper with onions and a green pepper, moistened with gravy or highly seasoned stock, enveloped in mashed po-

Dear Annie Laurie: I am keeping company with a nice young man whom I think a

nice young man whom I think a great deal of. I also have a boy friend whom I used to go "steady" with. I thought a lot of him, but every time we were out together there was some trifling thing to quarrel about, and he being of a very jealous and "bossy" disposition, I stopped going with him. Of course, this, he said, would break his heart.

He wrote to me, asking me to for-

give him, but I have paid no atten-tion, and it is now a few months since I saw him. Now he writes

or phones me, and he wishes me to go with him again.

Now my friends and relatives think it is terrible for me to think of such a thing, and I do not care for his company. What would you advise me to do?

You can speak plainly enough to me. Why are you so tongue-tied when you are talking to the person who really

Dear Annie Laurie: I am just seventeen, and a neighbor of ours, who is about thirty years of age, and

unmarried, has taken me out many times. I never liked this man from the first time I saw him. My mother simply adores him. She even makes "dates" for me. It gets me so angry.

"dates" for me. It gets me so angry, although I never say anything. One time, quite a while ago, he tried to kiss me. Of course I refused, and he only laughed. But after that he has kissed me many times, although I have told him nor to. He seems to think that I would marry him before anybody else if I only had a chance. I wish I could make him understand that I don't like him even as much as my kitty.

I was thinking that if I could get a position somewhere in the city as

Weather, Colds, and Tuberculosis.

there is just one more person quali-

fiel for a nice case of incipient tu-

Every woman, by mere virtue of

the fact that she is a woman and

supposed to be able to take care of

man, has a duty in this world today

which for outstrips her duty to the

The infant child at this part cular

period can't get up and go out of doors and get his feet wet, for he, the kind of infant we are speaking

of, can't walk.

be sculos's.

LITTLE bad weather, a se-

vere cold, a silly man, who

won't take care of himseif.

a case of pneumonia, and

a position somewhere in the city as a stenographer in a private home that I would take it. Would you go?

I have a good position now, but if I his temper.

think it is terrible for me to think of such a thing, and I do not care for his company. What would you advise me to do?

Why, what in the world can you do but make the young man you don't like keep away from you? There's no law compelling a girl to entertain a man just because he has spentian awhile way back in the dark ages.

You're well rid of a disagreeable person. Stay rid of him or he'll get you into trouble of some sort again.

What's the matter with you girls?

Can't any of you ever even think of

into trouble of some sort agair.

What's the matter with you girls?
Can't any of you ever even think of speaking plain English once in a while?
One would think that you were tiptoeing through a world paved with nitroglycerine, and were afraid to take a step for fear of an explosion.

You can speak plainly enough to me.

Daily Editorial for Women

happier.

O matter how careful the housewife, it is impossible to avoid a small quantity of left-overs, either of meat, vegetables, or fruit. What to do with them is almost a daily problem, and the housewife's skill can be judged by the skill with which she utilizes these remains in a second meal.

There are two essentials to success in utilizing left-overs. One is the sauce and seasoning used, and the other the attractive proteins of meat, is format of the dish is served.

Very often a really good tasting dish is thrown upon the platter in such a hit-and-miss manner that its very appearance disgusts one. The mere matter of placing it carefully and adding a garnish would have under it a most appetizing cish.

A knowledge and use of the best goasonings is essential to left-over cookery. The housewife should have on her pantry shelves:

Whole cloves, whole bay leaves, peppercorns, powdered marjoram, thymic and basil; curry powder, onion salt, Worcestersjrire sauce, musbroom ketchup, kichen bougouet, cloves of gar-middle with season of the clove is another excellent form the food is cooked is sufficient.

The soulle list and the small can of tomato soup is also a generous allow-anguety provider will make a most appetizing dish.

A knowledge and use of the best goasonings is essential to left-over cookery, The housewife should have on her, pantry shelves:

Whole cloves, whole bay leaves, peppercorns, powdered marjoram, thymic and basil; curry powder, onion salt, which we have the whites of eggs are added at the last moment, together with the wordstand the whites of eggs are added at the last moment, together with the wordstand the whites of eggs are added at the last moment, together with the wordstand the whites of eggs are added at the last moment together with the wordstand the problem and basil; curry powder, onion salt, may be a sufficient.

The soull's and the same and the same and basil; curry powder, onion salt, may be a supple on of the clove is a sufficient.

The soull's and the same and the same and the same and b o which the whites of eggs are added it the last moment, together with the minced portions of meet or other food. t is then put into a pan of water, set in a hot oven, and allowed to cook pickly for fifteen or twenty minutes.

anchovy paste; also the common seasonings.

For serving left-overs nothing could be more attractive than the various shapes of earthen or casserole dishes, from the small-handled ramekins to the larger covered utensils. The easiest form of making left-overs is to "seallop" the food in some kind of sauce, and place it in the oven and brown for a few minutes. Small bits of fish, vegetables, spaghetti, and other foods can be combined with a white sauce, dotted with butter and crumbs, and served hat from their earthen list. The art of attractive left-overs-for the an art—is within the reach of every consewife who is willing to take pains and increase her stock of seasonings.

wasn't going to stay home I wouldn't keep it. LORETTA MARIE.

will be homesick and lonely and

You will be nomesick and lonely and miserable. Stay at home, take your father into your confidence. Don't say anything to any one but him. I'm sure he will help you

Undecided Sue—Surely, Sue. I should think that there is nothing to hinder the young man from renewing his friendship. You have acted very sensibly in not asking him to take you places. I truly believe that the fear of a girl's asking him to take her to the theater or to dances when he has no money for such things has kept more than one man from calling upon some one to whom he is attracted. Just begin your friendship where it left off, and try to forget that you ever had a quarrel.

Perplexed-It is never the girl's place

to begin a correspondence. The boy has, therefore, no reason to be angry

A Bride of Three Months—I don't be-lieve that your kusband meant what he said. You know how disagreeable it is to be waked out of a sound sleep by some one teasing you. However, I do think he might have tried to restrain his temper.

worry about mesquite bites and in-

fant mortality on account of extreme heat, and since it is mainly those who must go outside who are to be pitied, women should see that every man to whom she can properly assume a motherly attitude is provided with a varieties.

with everything to conserve his

Women who are sensible take care of themselves by instinct, but it is the instinct of every mail to let women care for him. At other times we

en care for him. At other times we can argue this quest'on and dodge responsibility, but at this terrible slushy, rainy season the kindest thing to do would be to wipe all old scores away and take good care that our men folk are warm and dry.

This is pneumonia weather, with tuberculosis waiting around the corner.

ADVICE TO GIRLS By Annie Laurie

> Dear little girl! Your mother probably thinks that she is doing something very fine for you in getting you to go out with this man. With this man.
>
> She is mistaken. If you do not like the man don't go out with him.
>
> Don't have anything to do with him, no inafter what your mother says or thinks or docs.
>
> She might have a right to stop your going with a man she did not like, but she has no right to force you to accept

could have done it."

Mr. Mackaye paused, and his eyes sparkled as he visioned the future where women would bring beauty to ugly cities, celebrate for the masses with the masses instead of for the politicians, with the politicians, and knit the community together civic betterment through the co

Fire of Hope. Except for his eyes, one would sever take Percy Mackaye for a poet, for few mnnerisms, a kindly, engaging personality, and an infinite respect for what the other person would say or do, makes him seem not at all the insistent high-strung individual which many records assets.

ognition of the fact that they are the artists of the race, from the men. When the world admits their, artistic ability and that they are the ones in whose hands everything should pass for its final touch of

some form, and until we get this

Natural Instinct of Women Is Creation of the True Colics and False; Beautiful, Says Percy Mackaye, Poet-Dramatist

Suffrage Parade Here, He Asserts, Is Typical Example of Difference Between Female-made and Male-made Parades. The Latter Are Mostly Political.

By FLORENCE E. YODER. We hear so much about the oppor-

We hear so much about the opportunities of women these days yet still they come. This time it is because a man has just discovered that all women are artists:

Social settlement work, and work for civic betterment includes nearly all of these opportunities, and Percy Mackaye, poet-dramatist, in an interview today has pointed out that women through their innate artistic sense, have the chance to change the old order of things, plain and inculcated with politics and graft, into something infinitely more beautiful through the correlation of art with social and civic work. Women through their participation in civic life are to supply the art which has slumbered for so long.

The pageant, according to Mr. Mackaye, who is here to sive readings from his works on Thursday at the Belasco, is the actual means of bringing about this correlation, for through it, the fine arts are used as

through it, the fine arts are used as a means of expressing the community life, its interests and its needs, and of promoting solidarity in the community. This pageant idea, as expressed by women of today, he contrasted effectively with the man's

contrasted effectively with the man's conception of a parade.

"Women are the artists of the race," said Mr. Mackaye, "and very paturally they are the moving force behind the expression of civic life in a form which is not only intelligible. to all the members of the community but which typides art in its highest

The Beautiful Way. The natural instinct of women is "The natural hathet of women is to do everything in a beautiful way. The suffrage parade here is a typical example of just what I mean. No man could have planned that parade or could have been the means of expressing in such an artistic form, the different ideas. I saw the Hudson-Fulton parade, and the difference between the two was marked. Take any man-made parade for that Take any man-made parade for that matter, and one at once sees the

Men are perfectly content to have long lines of men in ugly frock coats, all alike, marching in imposing array, and they seem to think that an intermittent blaring band, marching under hideous banners lrawn from one side of the street to the other, is a parade, a peageant, an expression of that which has and is fact, marching politicians are not beautiful; they are, perhaps, paid to march, and the whole affair, instead of carrying any great meaning to the community, is merely an individ-ual expression of a good that has been effected for the benefit of the marchers only!

"The suffrage pageent was not only an expression of suffrage, but a typiffed form of art which carried a thousand meanings to every me who saw it, which gave the starved public not intensive individual beauty, such as men have cooped up in museums, but untrammeled di namic beauty for the benefit and education of the whole community. inconceivable that any man

nation of art and social work.

not at all the insistent high-strung individual which many people associate with the word "poet." But niseyes give him dead away, especially when a responsive chord is struck. Then they light up, and there is no mistaking the "divine fire" of hope and conviction which shines in their brown depths.

Women are fighting now for their liberty: he said, "they are striving not only for the fact that they are

beauty, its release from the stigma beauty, its release from the stigma of sordidness, beauty, community beauty, and a corresponding civic efficiency will result.

"We have tried too long to get along without the aid of this beauty, and as a result we have the complex, the tortured manner of doing the stigma of the complex.

PERCY MACKAYE.

simplicity we will have ugliness.
"Take the average American citizen; for listance the maie. He may be the first man you meet on the street. What does art mean to him? Nothing! If it does he's ashamed of it and thinks that it is feminine! Of course, it is, but it shouldn't be. He has forced it to be a solely feminine quality and has robbed himself of half of his heritage in this world. He doesn't know one painting from another; he does not know real beauty when he sees it, and his mind as fashioned by a standard

which he may call beauty but which is no more beauty than a satyr is

is no more beauty than a satyr is like a nymph.

"And so they live, a mathematically perfect result of the education which is absolutely man-made. By the time school and business finishes with the boy he is ready to be a man-made man. He is ashamed of beauty; taught to be fearsome of this femining; and is, therefore, dwarfed, deformed, incapable of parinking of one-half of the pleasures of the world.

He leaned forward, "Children are He leaned forward, "Children are

Peter's Adventures in Matrimony

PETER FACES HIS FAULTS. But this voice of conscience tonight would somehow not be stilled. It came back with another question. "Suppose," it said, "that you came of

a race pronounced valueless in war, yet when war came you had to run trolley cars, tend the fields, harvest the grain." "That is all unfair," I agreed. "The woman's part in war is of no less value than the man's."
"Suppose you bore sons, gave of your health and youth and strength to rear them, and sent them forth to be moved down to satisfy the brutal instinct of man's all-convergence weapon strength.

down to satisfy the brutal instinct of man's all-conquering weapon, strength. Would men make in silence any such sacrifice to the woman's less vicious sex weapon, beauty? Suppose you demanded tenderness, and retailated by calling that tenderness, with a sneer, sentimentality? Yet that is precisely what mentality? Yet that is precisely what mentality? Yet that is precisely what mentality? Suppose of about her sentimentality. Isn't it true?!

I turned and glanced at Mary. She was the product of centuries—not merely of one woman's mistaken notions of maternity. It was not merely Mrs. Penwho was to blame, it was the land gone into marriage primed with the colossal sex egotism of the young male. My ancestors had laughed at certain things about women. I laughed too, and hurt without knowing it. I found faults, and I found virtues that I called faults. I expected all things in return for a pay envelope.

"Suppose," said the voice, "you ack and find now your wife." "Suppose," said the voice, "you go back and find now your wife's virtues." I went back grimly.
"She is sweet and very beautiful," I said. "Her hair is so lovely in the sunlight that I marvel at times."
"All male." is read the voice. "If you

"All male," jeered the voice. "If you

look for nothing at all but beauty yuo'll find nothing else."
"She is gentle and tender." I admitted, "until I speak of her faults, and speak of her faults, and And then."
She shows her clays.

Just as you did tonight coming up from the boat when you failed in coursy and knew it. I fushed.

"She is very willing to do things right out she doesn't know how!" "Do you ever try to show her?" :No-0-0-0. You are quick to point out faults, no so quick in finding remedies. A very little thought and patience might undo

much that faulty training has brough

"It is easier to float along the line of least resistance." But I walked away from the window with a keen sense of impatience. No man likes to bare inner truths and face them. It is a spiritual dissection that iprets him a lot.
And I was facing freely for the first time in my life my own taults. I was surcastic frequently when I thought I

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Social Settlement Work and Work for Civic Betterment Includes Many of Opportunities Offered Women Who Are Born Artists, Says Writer.

all artistic," he continued. "They are naturally so. The glamour of the mother, the soul of art clings to them. Now all men and women are just grown-up children. Should not they have art?

"But the art is all shut up in museums, in galleries, for him to look at! He would no more dare try to express some form of art himself than he would dare to violate any other of the silly traditions of man. He must be a man, according to the lines which he, man, has laid out for himself. He has gone drunk with his own conception of himself, and falls to realize that the precious jewel which he has neglected, beauty, is nearby, but all unseen because of his blindness. Simply because he does not admit woman, the great artist, as a partner in his plans.

"So when he wishes to arouse community interest, to say, 'see what I have done for you,' he prepares a parade. This gives him opportunity to solidify, through publicity, the community spirit, but does he do it? What do the people think about when they see the man-made parade? They think about the men in it, and how they got their jobs and whether or not there is any possibility of their getting one for themselves. They do not think that this is an expression of a community success for which they should strive to improve upon with every bit of power which they can summon.

"But on the other hand, take the autrage varade or the St. Louis

But on the other hand, take the suffrage parade or the St. Louis pageant which, by the way, was conceived in the mind of a woman, Miss Charlotte Rumbold. The people who saw either one of those people who saw either one of those spectacles got a meaning, a message conveyed in a beautiful form. They were taught history, taught what was done and what was needed and what was hoped for."

His upstanding nair, slightly grayed, shook with the fervor of his remarks and he paused for a moment to smile. After a moment's silence he spoke again, still half smiling, and he has a broad, sensible smile, too.

smile, too.

"Of course," the half smile turned into a full fledged one, and the uppermost expression was just plain amusement and a depth of humor, strangely satisfying to find in a

ott.

'Of course," he repeated, "some-body will chirp up and say, 'Why are women such great artists? If they are, where are the great wom-en geniuses of art?

Woman Greatest Artist.

"And in answer to so narrow-minded a view say that all women are greater artists than all men. artists than men as a race could ever be. Women, with all their talent, have never had the fair chance to be great artists. They are continually casting their genius to the four winds. It expends itself in a hundred million forms for the good of their families. Men can make art their sole object, and have done it through generations after generation. Women have never been able, generation after generation, to devote themselves to one par-ticular thing outside of their homes. Woman is the natural creator. Sh likes to make, and have which she like's to make, and have which she has made admired. She is so great an artist that she spends ideas like water. Her home, her children, her care of herself, her desire to make things 'look pretty' is an expression of art which, as a race, she suprementally the strength of the strength

of art which, as a race, she supremely possesses. Men even force the love of beauty upon her and shun it themselves as a race!

The word art, to go back to the main idea, is rightly one which the average citizen has no respect for. It has meant purely static or individual things, or some man in a studio doing something for himself or his friends. But art, correlated with social service, comes to have a community meaning. It is an expression of the practical and of the beautiful, and shows the average man, who has hitherto been but a man, who has hitherto been but a knocker at the gate of beauty, an admirer, perhaps, ashamed to admit his passion, how to love beauty and to become a producer of it in some form, however humble.

"And what race, what human being, what agent is more qualified to heal the blind, and teach beauty to man.

than woman, the instinctive, the supreme artist?"

The interview was over, and having had nothing but nice things said about woman for one hour. I had conceit enough to last forever.

How to Tell Them Apart. Simple Remedies the Best By DR. LEONARD KEENE HIRSHBERG. M. A., M. D. (Johns Hopkins.) A!! colic, the sins committed in the name would fill the Doomsday Book. Not to speak it profanely, colic in infants is a woe less on account of itself than on account of the miseries it brings from the miseries it brings from the miseries it brings from the miseries from the on account of the miseries it brings

if the child were bitten by a hawk or hit by a handsaw and you knew it not, the ensuing cry would be ascribed as "only a little colic."

The other day summons carried

be it remembered, are victous possons to infants, even in the smallest doses.

Upon a thorough examination of the child in question it was found that a little scratch or sore upon its tender flesh had become infected and swollen. There was some fever present, and considerable irritation from scalding kidney

not native to man's blood and bone. When the precise ingredients of water, ashy materials, fats, albumens, sugars, starches and ferments are not combined to fit the little one's stomach, the youngster must suffer. Since such disorders of the alimentary canal do not assert themselves by daylight, when the musters must suffer some such as a cross series and some most active, you are roused. cles are most active, you are roused more often in the night. The food of a babe must progress and change in great variety as the bambino grows. The changing intervals of food and drink, its little physical setbacks,

ternal diet, emotional outbreaks, and other excesses on the part of the mother all disturb the order of natural digestion and colic follows.

Emotional instability of the mother exerts a vicious influence on the child's food in several ways. It causes a flow of new, foreign stuff in the milk—juices and harmones of the adult structures—which upset the routine and regularity of the alimentary apparatus. Moreover, they check or seriously after the quality of the milk as it evolves in the maternal bosom.

the writer to a baby crying as i its delicate little heart would break. The experienced nurse—grandnothers, aums, neighbors, and nurses who are most experienced, perpetuate the worst errors—greeted methus: "Doctor, I told the mother not to send fore you. It is nothing but colic. I've given the child ten drops of sin."

Gin, whisky, and all forms of alcohol, be it remembered, are vicious poisons to infants, even in the smallest doses.

Of the mink as it evolves in the maternal bosom.

It has been found that there is an internal fluid or substance in the mammary—nursing—glands of cattle, sheep, horses, goats, swine, mankind and other animals, which attrs up and induces milk to be formed and to flow. The other glands, such as the thyroid, pituitary, sex. pineal and adrenals are interelated with the bosom glands, and terrelated with the bosom glands, and fluence for or against them.

A Simple Diagnosis.

Colic in nursing babies, therefore, can often be traced to the overexertion or

irritability of the mother. Plainly, the lesson should be taken to heart, for all the cures and treatments from the perfumes of Arabia to the balms in Glead

There was some fever present, and considerable irritation from scalding kidney fluids. The application of mild, soothing antiseptics immediately quieted the child, despite the poisonous gin which had no doubt done some harm to its stomach and brain.

Causes of Colic.

There is, however, a true colic. Infants fed upon the bottle are susceptible greatly to these "tummy aches," because cow's milk and artificial foods are not native to man's blood and bone. paregoric, brandy, ginger, whisky, or the like, to get behind thee as satan himself.

himself.

Harmless remedies always relieve true colic. If such measures fail there is something wrong other than colic. Hot water bottles or bags—baby's size—or hot towels on the belly with the infant lying face downward, two teaspoonfuls of hot peppermint water now and then, half an ounce of plain water heated, pressure and rubbing of the abdomen, and no food or a much yeaker bottle for a few feedings, usually relieves real colic.

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